Bodybuilding.com's Workout Log

Winters WOD

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO _____ **EXERCISE** _____ **DURATION**

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

MOOD WHEN STARTING: _____

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1
A1. Squat Clean (male 100kg, female 70kg): 5-4-3-2-1 (reps)	
A2. Rope Climb: 5-4-3-2-1 (reps)	
B1. Snatch (80kg, 60kg): 5-4-3-2-1 (reps)	
B2. Handstand Walks (meters): 5-4-3-2-1 (meters)	
C1. Thruster (60kg, 40kg): 5-4-3-2-1 (reps)	
C2. Muscle-up: 5-4-3-2-1 (reps)	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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